

July 17, 2020

Hello,



I realize I just sent you an update on Tuesday but wanted to get back on my Friday update schedule.

We had a call on Wednesday with the state Department of Public Health. Below is some updated travel information we use for our staff in planning their vacations but thought it may be helpful to you as well.

- Allowable travel has been extended to all the New England states (VT, ME, MA, CT, or RI) instead of just the previous three. This means you may or may not need to be self-quarantined for 14 days upon your return to New Hampshire, depending on the circumstances and activities in which you partake during the trip.
- All travel out of the New England states (including Canada), require a 14-day quarantine regardless of the type of transportation used. So whether you take a plane, bus, train, private car or walk, you need to self-quarantine for 14 days beginning with the day of your return to New Hampshire.

I also mentioned on Tuesday that the state has allowed nursing homes to get back to some normalcy such as residents attending activities in small groups, resident's eating together in small groups and residents being able to see the hair dresser again. As of our call on Wednesday they have cleared Rockingham county and only Hillsborough remains on the list of not being able to move forward. The concentration of COVID is still high in Hillsborough county (but coming down) and thus the hold put on us. I will let you know as soon as this restriction is removed.

We continue our weekly testing of all staff and 10 % of residents per the state guidelines.

Still at this time residents are doing ok/well; other than some depression I mentioned on Tuesday due to the lack of social activity with each other and you.

If you would like an in-person or window visit please call Barbara, Director of Life Enrichment Services at 935-4607 or email her at [mtc.activitydir@nh-cc.org](mailto:mtc.activitydir@nh-cc.org) . If you would like a Google Duo visit for any resident please call or email Barbara or the any one of the floors directly to set one up.

And now for the official CMS update notice:

The following processes continue to be in effect:

- All staff is wearing surgical mask at all times throughout the facility; in addition, eye protection is required for all staff when interacting with residents.
- All residents are being encouraged to stay apart and in their rooms. On the 3<sup>rd</sup> floor we are doing our best to practice social distancing but as you can imagine this is a bit difficult on this particular floor for a handful of the residents.
- All residents are being kept on their respective floor and being encouraged to stay in their room. They continue to use masks as necessary/needed.
- All staff continues to be screened before entering the facility.
- The annex and part of the 4<sup>th</sup> floor rehab section will be our holding zone for incoming rehab patients needing to be on a 14-day quarantine.

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